

The Granite State REFUELER



157th Air Refueling Wing, Pease ANGB, New Hampshire

www.nhpeas.ang.af.mil

DECEMBER 2004



157th Air Refueling Wing Volk Field, Wisconsin



New Hampshire
Air National Guard

NHANG Photos by Tech. Sgt. Mark Wyatt

Members of the 157th Air Refueling Wing react to a bomb scenario at Volk Field involving mortar attacks by the opposition. Three casualties were reported as members are tested for their Self Aid and Buddy Care (SABC) as well as the ability to operate in a hostile environment. Over 500 unit members deployed to Volk Field in Wisconsin last month for the exercise.

At a glance; what's inside this issue

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Commander's Column



By Col. Richard P. Martell

In December I traditionally give holiday wishes as I am now, but this year I would also like to talk about Volk Field.

Since 2001 I've wanted the Wing to deploy and operate in this type of environment. As you know, events overcame my desires and this year was the first opening we had. I also knew that with a U.C.I. and a major deployment to Turkey scheduled for the same year, planning for Volk would begin late at best. I was not wrong in my expectations, but what a recovery! Our tactical planning team took on this challenge doing the hard work that goes into building a deployment plan, putting to paper what we needed to do – and with great success. Starting with the first chalk out, to the last jet arriving back home, I witnessed a Wing that worked together, solved problems, and came to work with outstanding attitudes!

Our ADVON did a superb job setting up, receiving us, and already having over half the base built up into a defensive posture upon our arrival. When the rest of you showed up, you jumped right in to lend a hand – an attitude of constant improvement that went on throughout the week. This was a perfect beginning and got us well positioned to take advantage of the training provided by the cadre. I was overjoyed at the participation in the classes and the enthusiasm showed by all in this new learning environment. Then it was “fight's on” and all of you tackled it in a superb manner. Many of our practices were “the best seen to date” and the Volk staff believes that we had the lowest (1) real world casualty from the exercise, that they can remember.

We did extremely well in most areas, but there are some that we need to continue to work on: use of transition points; a more detailed buddy check; and CCA operations. Bottom line though; all 463 of us were submitted to the AMC Inspector General as being able to operate in an ATSO environment.

The base break down was the quickest ever seen by Volk staff and I am sure that we left it better than we found it.

Our Guardian team did an outstanding job – getting us out of town and welcoming us back home. To sum it up - I do believe that this was the smoothest deployment and redeployment that I have ever seen this Wing perform! Well done!

I hope all of the deployers enjoyed the end of exercise celebration. We owe a big thank you to the Minuteman fund for making it possible, as they provided funds to make it happen.

A tradition that I have started is the presentation of a Wing Commander's coin to outstanding performers. I asked Senior Staff to provide me with the names of folks that they would like to recognize, and while there were many that had performed in an outstanding manner there was one who stood out from the rest. Maj. Shawn (Rob) Burrus (XP) was presented the one and only coin for the Volk deployment.

I am extremely proud to be part of organization that can take on the challenges that we have undertaken in the past year. I'm also humbled to be the Commander of this group of hard working individuals with great attitudes that are true professional Citizen Soldiers!

Please enjoy your holidays. On behalf of my family, I wish you and yours the very best!



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The Refueler welcomes articles and ideas that will improve the paper. If you have suggestions for feature or specific articles, please contact the PA office at x3413/3577, or your Unit Public Affairs Representative (UPAR).

Civil Engineering
Vacant



Clinic
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Wing
Senior Master Sgt. Valerie Morgan x3151

ATC
Tech. Sgt. Tammy Daigle x3401



HOLIDAY GREETINGS

As I retire from the New Hampshire National Guard and begin the next chapter of my life, I would like to thank you all for the outstanding support you provided to me throughout my tenure as the Adjutant General. Your professionalism, patriotism and skills made my job easier. We will probably never know to what extent your support played in our success, but I can assure you it was extensive.

The holiday season has always been a time of reflection for me - a time to reflect on my successes as well as those areas that I could improve upon. This year, however, as I retire from military service, I will not only reflect on this past year, but on my entire military career. I could not have achieved any level of success without the support of soldiers and airmen of all ranks.

My wife, Sharon, and I extend our warmest wishes for a happy and healthy season and for your continued success in the years ahead. Please also keep in your thoughts and prayers our soldiers and airmen engaged in this global war on terrorism.

Sincerely,

John E. Blair
Major General (NHNG Retired)
The Adjutant General

Merry  *Christmas*

*A Happy
New
Year!*



STATE OF NEW HAMPSHIRE
OFFICE OF THE ADJUTANT GENERAL
STATE MILITARY RESERVATION 4 PEMBERG ROAD
CONCORD, NEW HAMPSHIRE 03301-1802

Seasons Greetings

While we continue to live in times of challenge and conflict, this Holiday Season gives cause for reflection and celebration. As our nation's premier warfighters and peacekeepers, we continue to be called to service throughout the world. The past year has been one of the most demanding and challenging the New Hampshire National Guard, Army and Air has ever experienced. The success we have enjoyed is a direct result of the superior dedication, unparalleled professionalism and untold sacrifice exemplified by each and every one of you. It has been, and continues to be, an honor and privilege to serve with you.

As we prepare for future challenges, please make the most of this special time of year to reflect on the wonderful opportunities afforded to us as citizens of this country and the critical role each of you plays in safeguarding the freedoms we all cherish. Yet as we celebrate our blessings, we must always remember our fallen Guardians who have paid the ultimate sacrifice, and their families.

Donna and I wish you, your families and your employees the very best during this holiday season. Please convey to them our sincere thanks for the sacrifices they make in partnership with you and the NHNG. Their support is a critical ingredient for the success of our nation, state and organization.

Have a wonderful holiday season.

Mark F. Sears, Col, NHANG
Assistant Adjutant General (Air)



NEW HAMPSHIRE AIR NATIONAL GUARD
HEADQUARTERS 15TH AIR REFUELING WING
PEASE AIR NATIONAL GUARD BASE NEW HAMPSHIRE



This past year has certainly brought many challenges to the people within our Wing. What continues to impress me and make me proud is the way the Wing pulls together for the betterment of all.

The contrast is great, varying from the simple things, such as when a member is promoted into a new position and those they are replacing help them transition smoothly, to something as complex as those as we keeping in touch with the families of our deployed members, building a rapport with them, and looking out for their well being.

Through difficult times, it's the expression of caring and sense of dedication that carries us through. I call it our 'collective character.'

In reflection of my experiences, I feel blessed each time a member of the community reaches out in their own way to say thanks for what we do. I expect that some of you have had experiences similar to these: When a stranger pays for your meal just because they know you're in the military, or when someone stops to shake your hand, or when a teenager, obviously impressed with the uniform, talks to you about his plans to join the service when he's old enough.

These events have happened to me, just this past year. Each time I have considered it a blessing for the support of the military, for the sense of patriotism, and for the freedoms we enjoy but often take for granted.

With that, my best expression of blessing, to all New Hampshire National Guard members and their families, is simplyThank you for all that you do!

Sincerely,


Chief Master Sgt. David L. Bates
157 ARW Command Chief

"Citizen soldiers building the nation's most respected Air National Guard Unit-serving America, New Hampshire, and community, in partnership with family and employer."




STATE OF NEW HAMPSHIRE
OFFICE OF THE ADJUTANT GENERAL
STATE MILITARY RESERVATION, 6 PERSPECTIVE ROAD
CONCORD, NEW HAMPSHIRE 03301-5552

To All Members of the New Hampshire Air National Guard


As the holiday season approaches, my thoughts and feelings about my favorite time of the year are somehow different from any other year I can remember.

This Christmastime brings a mix of joy and sorrow that I have not quite been able to understand or adjust to. For every sense of peace and contentment, there are other feelings of sorrow and uncertainty. I suppose that is to be expected in times of war, especially one so long, costly and divisive. The one antidote to the poison of violence and war that I know of is Hope. And, since this is the season of Hope, let's devote ourselves to helping one another preserve the promise that Hope brings.

In the coming year, let's watch out for our buddies. Let's care enough to ask how they are doing and committed enough to do something for them if they are in need. The greatest Christmas gift you can give the leaders of this organization is a promise to LET THEM KNOW if you are hurting and need help. The real joy of the Holiday Season comes from caring and sharing and I'm confident that our NH National Guard family is up to that challenge. May God bring peace, happiness and good health to you and your loved ones in 2005.



Ron Nadman, CMSgt, NHANG
State Command Chief


157th Civil Engineer Squadron



Rapid Runway Repair

New Hampshire Air National Guard





(NHANG Photos by Tech. Sgt. Mark Wyatt)

Education and Training Public Folders

By Master Sgt. Catherine Porter

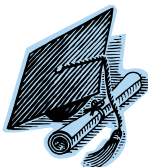
We have just added two new Public Folders:

Base Education: This folder contains information on all education services we provide to include: Virtual Education Center, CCAF, Air Force Tuition Assistance, and Officer and Enlisted PME information, as well as other educational opportunities.

Base Training: This folder contains the Test Log/Policy/Testing Times, and will soon contain other training information.

Please check us out, and e-mail suggestions to me on other types of information you could use!

DSN 852-3521 / CML (603) 430-3521
Fax DSN 852-3528



Retention Office College Reminders

By Master Sgt. Norma Long

Please remember to stop by the Retention Office to pick up the Tuition Waiver form. It's also posted on peaset. This should be accomplished prior to your semester starting.

Fiscal Year 2005 Log Letter should be to your Unit Career Advisors by the time you receive this Refueler. If you're getting ready to reenlist check with your UCA's or my office to see if you qualify for any incentives.

Effective Oct. 1, the reserve GI Bill CHAPTER 1606 increased to \$288 and the active duty GI Bill CHAPTER 30 increased to \$1004 for a full time student. Check the web at: WWW.GIBill.va.gov for other amounts. If you have any questions on the above please contact Master Sgt. Norma Long or Tech. Sgt. Foggarty at x3507.

National Guard establishes a Quick Response Force

MEMORANDUM FOR ALL UNIT MEMBERS

FROM: 157 QRF/CC

SUBJECT: National Guard Reaction Force (NGRF)

The Global War on Terrorism is transforming the way the US Military plans and executes its mission around the World. As part of this change, the Director of the National Guard has established the National Guard Readiness Force (NGRF) or as we shall call it Quick Response Force (QRF), a critical response team that is readily available and trained to provide the Governor and/or Combatant Commander assistance within the state or other regional locations when called upon by Emergency Management Officials. Citizen soldiers have often been called upon to assist state officials during periods of natural disaster, unrest, and homeland defense. The NGRF will constitute the "first responders," those first called upon when state and local officials need additional assistance in a short time period.

The 157th ARW has been tasked to standup two 30-member Quick Reaction Force (QRF) teams to support this task; we currently have one team in the works and need additional volunteers for the second. The State's Army National Guard has been tasked to supply six teams. Team members can come from any AFSC and/or specialty. The QRF Team, if tasked, has four hours to be on scene providing assistance. Thus we are looking for unit members who live close to the unit and would like to be part of this new mission. The team will participate in various training activities that will, at times, occur on drill weekends and various other periods during the month. The team's primary function will be to support civil authorities in the following activities:

- | | |
|-----------------------|---------------------------|
| a. Site security | e. Show of force |
| b. Traffic Control | f. First Aid |
| c. Sandbagging | g. Protection of evidence |
| d. Checkpoint control | h. Unarmed security |

These critical positions will be considered an additional duty. It is hoped that the force will be made up of volunteers but please understand you may be tasked to support this endeavor if the need arises. There is additional funding set aside to train and equip this force.

If you are interested in joining this group please contact your immediate supervisor. If you have questions feel free to contact me directly at 430-3597 or e-mail me at bill.wilson@nhpeas.ang.af.mil

//Signed//
William Wilson
QRF Team chief

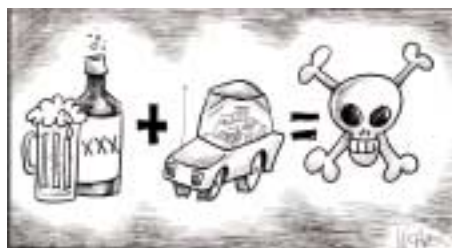
2004 Year in Review activities to be held on Sunday



The Annual Year In Review/Commanders Call is on Sunday, Dec. 5, 2004 in bldg. 254 and starts promptly at 9:45 a.m.. Everyone should be in his or her seats by 9:30 a.m..

Commanders' Call is a wing wide celebration of the past years' accomplishments. Traditionally during the event, the annual State awards are presented, videos are shown, speeches are made, and our state headquarter representatives usually attend as well. Typically, after the year in review presentation, everyone goes to their respective units and has a holiday lunch.

Think Safety this Holiday Season



(Artwork & Graphics© by W.C.Pope visit his site at <http://www.wcpope.com/>)



Menu

Saturday

Shrimp Cocktail
Roast Rib of Beef
Roast Turkey
Baked Scallops
Mashed Potatoes
Wild Rice Pilaf
Savory Bread Dressing
Whipped Butternut Squash
Peas & Pearl Onions
Cranberry Sauce
Horseradish
Tartar Sauce
Salad Bar
Dinner Rolls
Cream of Broccoli Soup
Asst. Pies
Jello
Asst. Fresh Fruit

Sunday

No Meal Scheduled

The PERSCO Team at Volk Field

By Senior Airman Cathy Colletti

This experience has shown me exactly how my job works during war. People underestimate the Personnel Support for Contingency Operations (PERSCO) team. I found that we were among the first in and last out, including security forces and others. With a different kind of labor. I have a greater appreciation and awareness of how the whole wing works together during this particular kind of exercise. No one team works less or harder than another. I have found that Murphy's Law sits on my shoulder. One example, I found myself in an uncompromising situation, when alarm red, MOPP 4 came over the giant voice. Oh no! Tech. Sgt. Patrice Foggarty found me under the sink in MOPP 4 fixing my buttons. Right out of the movies!

Volk Field was an experience I will never forget. It was a pleasure to see the personal side of my co-workers.



(NHANG Photo by Tech. Sgt. Tim Psaledakis)

We are the PERSCO team.

Our mission;

1. Strength accountability
2. Casualty reporting and providing support to commanders.
3. We bring you in and bring you home and everything in-between.

The exercise has offered us the opportunity to establish our new team and work together to provide PERSCO support for operation readiness safeguard and future deployments.

The early mornings and late nights working with the Survival Recovery Center (SRC), Casualty Collection Point (CCP), lodging, as well as real world issues has shown us the important role PERSCO plays in our wartime mission.

We are here to account for you.

Signed

Chief Master Sgt. Jamie Lawrence
Master Sgt. David Obertanec
Master Sgt. Christina Natale
Tech. Sgt. Patrice Foggarty
Senior Airman Netha Leclerc
Senior Airman Cathy Coletti

Recruiter Rap

OUR RECRUITING TEAM
1-800-257-9368

Recruiting Quote of the Month:

"A real leader faces the music, even when he doesn't like the tune." – ANON.

Please give a warm welcome to our newest members:

Senior Airman Aaron McCarthy – FM
Senior Airman Maria Kennedey – LRS
Staff Sgt. Shawn Butler – MXS
Staff Sgt. Sean Perry – MDG
Staff Sgt. Mike Petrin – ARS

The recruiting office would like to extend a gracious thank you to Senior Airman Jessica Stoddard for assisting us with the end of our Fiscal Year. Senior Airman Stoddard volunteered to take a 90 day Temp Tour. The last quarter of our Year proved to be our best quarter, and we thank Jessica for her help! She did a lot of typing, filing, photocopying and put a few hundred miles on our vehicle. Thanks Jess!

On a different note, Staff Sgt. Michelle Mercier, who held the recruiting office together while we transitioned our entire recruiting force, has accepted a position in Maintenance as the new TODO. The recruiting team certainly will miss her talents and expertise when it comes to assisting in our business. Her tremendous knowledge will leave a large void for a while, but we are eager to get her position filled with someone who is anxious to take on this challenging role. Thanks for all your hard work and dedication Michelle, you truly will be missed.

As always, we continue to ask unit members for leads, some of the best people we have enlisted come right from our own circle of friends. Please keep sending us your leads.

Small Arms Range Safety Reminder

This is a Safety reminder that applies to everyone who works here at Pease ANGB.

The Small Arms Range (building 146) located on Range Rd is off limits to unauthorized personnel.

This is to include the immediate grounds surrounding the range building and the wooded area directly behind the ranges backstop do to the live firing that takes place at that location. This wooded area has been additionally posted with warning signs to warn personnel of the danger. Again no one should enter this area. In addition to the warning signs there will be a red flag and or red-lighted beacon in use whenever firing is in progress.

If there is a valid need to enter the fore mention areas contact CATM personnel @ x2611 or in an emergency contact Pease Dispatch @ x2911.

These precautions are put in place for your safety.

Tech. Sgt. Dale Snowdon NCOIC, 157 SFS / CATM



Main Gate Closed

Starting Nov. 8, the Main Gate to the Base will be closed for about four weeks for re-building of Newington Road. During this period, all traffic will enter and leave the Base through the Old Main Gate on Newmarket Street.

The plan is to take out the existing paving of Newington Road, re-grade the roadway and re-pave before the snow starts flying. Some work items such as setting new granite curb, placing finish coat of paving, and installing new street lights, may not be done until after the winter. When the re-building is completed in the spring, Newington Road will become a much safer way to get in and out of the Base than it is now.

We realize this may cause some inconveniences, but please think of it as the cost of improving the main approach to our Base. We thank you in advance for your understanding and cooperation.

//Signed//

Mori Mitsui, FCSI, Base
Architect

157 CES/DEE

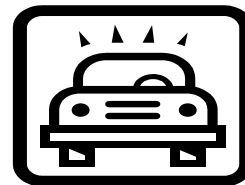
302 Newmarket Street, Bldg 145
Pease ANGB, NH 03803-0157

Base Decals are available at Main Gate security bldg.

By Craig M. LeBlanc

Decals are no longer being issued from Building 244. If you need to update your stickers,

please stop by the Main Gate Monday through Friday from 7:30 a.m. to 2:45 p.m. If you have any questions, please call DSN 852-2366 or COMM 603-430-2366.



Family Program Updates

By Bonnie Rice, Family Program Coordinator



Family Readiness Program
Bonnie Rice – Family Readiness
Program Coordinator
Building 16, Pease ANGB
Phone: (603)-430-3545
bonnielee.rice@nhpeas.ang.af.mil
Emergency 24-hour hotline: 1-
800-472-0328

Happy Holidays from the Family Program!!

YOUTH INFO

CHILDREN'S ROOM – Wing
Commander's Call: All "Wing
Children" are invited to the
Children's Room to be held dur-
ing the Wing Commander's Call
from 10-12 a.m. on December 5,
2004. – The Children's room will
be in Room 28, Building 254 -
We have two clowns ("Delight"
and "Topper") that have volun-
teered their time this year in the
Children's room. We will have a
magic show and face painting. If
you are interested in volunteering
to help in the Children's Room,
please call Bonnie Rice at 430-
3545. We also welcome any
craft or activity ideas that you
are willing to share with the
children.

VFW HOLIDAY CHILDRENS

PARTY: Open to all military chil-
dren, any branch of the service,
ages 4 months to 12 years old.
To be held at the VFW Post 168
Ladies Auxiliary in Portsmouth,
238 Deer Street, Portsmouth,
N.H., Dec. 18, 2004 from Noon to
3 p.m. -Lunch will be served.
Activities will be planned to make
this a fun day. Volunteers are
always welcome. Remember
space is limited - this is on a lim-
ited first come first served basis -
please call Bonnie at 430-3545 to
sign your child up - I will need

your child's name, age, and sex
so that gifts can be delivered by
Santa.

HEALTHY CHOICES GUARD YOUTH HOLIDAY PARTY

Dec. 11, 2004 from 1:00p.m. to
3:00p.m. at the Old Hangar at
the Concord Military Reservation
Open to all Guard Youth Ages 5-
15. We are currently running a
book drive and the books will be
given out to the Children on this
day. RSVP is required to Staff
Sgt. Dow in Counterdrug at 227-
1523 or email
janet.dow@nh.ngb.army.mil

YELLOW PAGES: Remember
that there are fellow military
families in both our NH Air
National Guard unit as well as in
the NH Army National Guard and
the Reserves that have their mili-
tary members still deployed dur-
ing this holiday season. Please
take the time to let those families
know that we are thinking of
them by volunteering to support
them through our "Yellow Pages."
For info regarding the Yellow
Pages call the Family Program
Office at 430-3545. But also
remember to just ask the military
families in your community if
they need any assistance during
this busy holiday season.
Perhaps you could help them out
by assisting them with the busy
holiday shopping chores or plow-
ing their driveway. Just take the
time to remember them at this
busy time of the year.

Family Program Thank you

I would like to thank Ann Hebert
for her outstanding support of
our monthly Family Support
Group Meetings. At our October
gathering, she put on a beautiful

buffet of sandwiches, wraps,
dessert, and hot cider for the
families and senior staff to enjoy.
Donna Sears, Julie Collins, and
Brigid Duggin were in charge of
our childcare at our monthly
support group meeting. The chil-
dren seemed to have a marvelous
time. Our volunteers have been
wonderful at our monthly meet-
ings.

Our Monthly support group
gatherings have been very suc-
cessful. We would like to thank
the Senior Staff as well as the
group commanders for their out-
standing support.

We would also like to thank
our Volunteer George Gielen for
obtaining bakery items for our
"Redeployment from Vogt."
George has been very active vol-
unteering with the NH Army
National Guard as well as sup-
porting our 157ARW.

AIR FORCE ONCE SOURCE INFO

Helping you Deal with Relationships

Perhaps you are working longer
hours or maybe you just relocat-
ed and you are dealing with new
stressors. Without even knowing
it, we often bring our worries
home with us. Your family and
friends pick up on your feelings,
and can tell when you are anx-
ious, worried, or under unusual
stress.

Everybody needs to set limits to
keep from being overwhelmed by
the demands of friends, family,
and other influences. Air Force
OneSource may be able to help

Family cont. on pg 11

If pictures can tell a

read what the 157th ARW accomplished at Volk Field, WI during an

(Page 8 photos by NHANG Tech. Sgt. Tim Psaledakis)



thousand words...

n exercise testing the ability to operate in a hostile environment

(Page 9 photos by NHANG Tech. Sgt. Mark E. Wyatt)



We're Looking for a few good Boomers!



The 133rd Air Refueling Squadron is hosting its first CREWMEMBER SEMINAR For potential Enlisted and Officer Crewmembers, Tuesday Dec. 7, 2004 From 6:00 p.m. to 9:00 p.m., located at Bldg. 257.

This crewmember seminar is an informal gathering of any individuals interested in becoming pilots or boom operators in the 157th ARW. Spouses and significant others are strongly encouraged to attend. The seminar's purpose is to present the requirements to become a crewmember and the expectations once selected. RSVP required. Any questions,

please contact CMS Sneirson @ Ext. 2452, carl.sneirson@nhpeas.ang.af.mil or MSgt Starkweather @ Ext. 3328, glen.starkweather@nhpeas.ang.af.mil

N.H. ANG TECHNICIAN VACANCY

ANNOUNCEMENT # NH04-

090(A) Powered Support Systems Mechanic (2 positions *see note) WG-5378-10/08

TRAINEE (Note: 1 position is available immediately with another position available on or about 23 January 2005)

MAXIMUM MILITARY GRADE AVAILABLE TSGT/E6. -

SALARY RANGE: WG-10 starts at \$18.56 per hour. WG-08 starts at \$16.74 **CLOSING DATE** AREA II/III 8 Dec.04

FOR ADDITIONAL INFO.:

Contact MSgt John Symington at DSN 684-9348, commercial (603) 225-1348 or e-mail john.symington@nh.ngb.army.mil.

Other job postings are available at

www.nhpeas.ang.af.mil/hro/JOBS/index.htm or all states at <http://www.neguard.com/jobs/Docs/statepoc.htm>.

RAMBLING WITH THE RETIREES

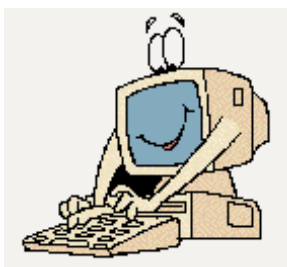
By Julia Lightner-Fredyma, SMSgt., Retired

With the holidays surrounding us our next gathering will be on Sunday, Dec. 5. We will meet briefly at our usual location in bldg 259 at 9:00 a.m. and then proceed on to the Commander's (Annual Review) Call in bldg. 254 for 9:30 a.m. We hope that many of you will take this opportunity to visit us and share holiday greetings with the "old" shop afterwards, if you desire. Best wishes to each of you and your family and have a Happy New Year, too.

Retirement calculator helps to plan ahead

By Sgt. 1st Class Richard M Sheldon

Since the Office of Personnel Management took the retirement calculator off of their Web site we have been looking for an alternative for the people who would like to "run the numbers" themselves to approximate what their retirement benefits might be.



This site www.quantos.com/fbhome.jsp allows you to calculate:

- CSRS Annuity
- FERS Annuity
- Military Deposit Calculator
- Thrift Savings Plan Calculator
- Social Security Calculator



(NHANG photo) **Colonel Douglas M. Aiken, Joint Force HQ-NH, was recently promoted to the grade of Colonel in a ceremony held in Concord NH. Pictured are his wife, Judith, and son, Capt Corey Aiken.**

Promotions

Airman First Class

Lindsay M. Lassonde

Senior Airman

James P. Connors
Emily A. Edmunds
Jeremy Hutchinson
Rebekah Blanchard

Lieutenant Colonel

Laurie A. McAvoy
Daniel E. Hogan II
Marc S. Schwartz
Glen B. Swazey

Family cont. from pg 7

you achieve balance within your relationships by providing time management techniques, helping you set priorities and establish goals. Here you will find support, information and resources to help you deal with family and relationship issues as well as a healthy way to connect with your friends and family during times of uncertainty and change. There are many educational materials available online or by calling a consultant.

Please contact us today!

The military community support agencies are introducing another service for you to utilize 24/7 always available wherever you are.

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YOUR GUARDIANS OF FREEDOM



(U.S. Air Force photo by Master Sgt. Jim Varhegyi)

By Bonnie Lee Rice

I have some wonderful news!! There is now a pin that you can order and have sent directly to your spouse to recognize his/her support or your military career!

I know that many members have been asking for some recognition for their spouses - so I am happy to see that a pin has finally be developed to recognize the sacrifices that spouses make

The pin made its debut in November, which was National Military Family Month.

If you are one of America's Airmen or Air Force civilian employees, the United States Air Force wants to thank your spouse for their support!

In an increasingly volatile world, the United States Air

Force depends on our families and their support as never before. It's only appropriate that we reach out to the spouses who stand shoulder-to-shoulder with us in the global war on terrorism.

The Air Force Spouse Pin - a blue star cradled in the Air Force symbol - is a contemporary adaptation of a wartime tradition. Beginning with World War I, families hung service flags in their windows to display a blue star for each family member serving in the Armed Forces. Today, the pin is given to the wives and husbands of America's Airmen and civilians in appreciation of the sacrifices they make for their spouse's service.

At your request, your spouse's will receive a personalized letter from Secretary of the Air Force James G. Roche and Air Force Chief of Staff Gen. John P. Jumper, along with the Spouse Pin.

To request your spouse pin go to the following website:

WWW.YOURGUARDIANSOFFREEDOM.COM and follow the directions to have the pin shipped to your spouse.

News From The Retention Office

By Master Sgt. Norma Long

Technicians Kicker Program: Did you know you are eligible for the kicker if you are a technician in an incentive AFSC? You must have current GI benefits or be eligible for the GI Bill. The kicker program gives you an additional \$350 a month for going to school fulltime in addition to your GI Bill.

Eligible GI Bill Members: Adjustment to your delimiting date to extend your GI Bill benefits. Any member who has been mobilized for just one day needs to send a copy of their mobilization orders and DD Form 214 to the VA. The VA will automatically adjust the delimiting date for the period of

mobilization plus four months. VA address is: VA Regional Office, PO Box 4616, Buffalo, NY 14240-4616.

Mobilized Members: If you currently have CHAPTER 30 Active Duty GI Bill benefits you have the option of increasing your current GI Bill benefits. You can contribute up to an additional \$600 to increase your GI Bill benefits. As a result of mobilization or MPA tour a number of members are now eligible for MGIB CHAPTER 30 Educational benefits. The guidance is as follows; those members must complete 24 months of consecutive service without break to be eligible for the benefit. If you have any questions on the above please contact me in retention at 430-3507. Thank you, Master Sgt. Norma Long

Youth Safe Haven partners up with National Guard at Rochester armory



John Nolan/Times photo

THE N.H. NATIONAL GUARD ARMORY on Brock Street has been leased for three years to the Rochester Youth Safe Haven. Marking the occasion last week were, from left, General Joe Simeone, Rochester Housing Authority Attorney Jerry Grossman, RHA Director Karl Van Asselt, MSgt. Dan Ward, Real Estate Agent Mark Hourihane, Police Sgt. Tony Triano, RYSH Director Clint Lapierre, CWO4 Mike Green, Christopher Lee of U.S. Sen. John Sununu's Office, RHA Commissioner Wilbur Boudreau and Police Capt. Mike Allen.

BY JOHN NOLAN
The Rochester Times
ROCHESTER —

At a ceremony last week, which was attended by Deputy Adjutant General Joe Simeone, the New Hampshire National Guard officially began sharing the Brock Street armory with youth who attend the Rochester Youth Safe Haven program (RYSH) serving youngsters will live in Cold Spring Manor, overseen by Rochester Housing Authority (RHA)

Most of the National Guard personnel and equipment previously housed in the Brock Street building are now part of the military facility on Rochester Hill Road, and thus a large space where howitzers were once stored, and which is suitable for gymnasium use, has freed up.

After preliminary rehab work has been carried out by RHA, the facility will be used by Youth Safe Haven for recreational and educational purposes, and a three-year lease has been granted to them for this purpose.

A year ago, MSgt. Dan Ward, who is assigned to the NH National Guard Counter Drug

Task Force and who is one of a staff which includes four civilians at the RYSH, thought it might be possible to use the armory for an after school recreational program.

Ward sent a request to NH National Guard headquarters and the process began. "This is the first time that a NH National Guard Armory is being made available for this type of youth programming," said MSgt. Ward.

Speaking last week, Simeone said that this was not a recruiting exercise but in line with the National Guard's philosophy of being a part of the community.

"We want to be part of a program that makes a difference. Together we will make it work," said Simeone, a retired major general who, for part of his military career, served at Pease and is now active in the National Guard at the highest level in New Hampshire.

The Rochester Youth Safe Haven/Police Mini-station, based in Cold Spring Manor, is a juvenile crime prevention model framed as an intensive after-school Homework Lab and comprehensive activities program for

at-risk youth ages 6 to 18, according to Ward.

The program currently serves 60 youth and anticipates a 200 percent increase now that the armory has become available.

Ward explained that the current cramped facilities for the program were not conducive to the participation of high school aged students, and he believes that basketball courts and other sports programs at the armory will now attract this age group.

"Being able to expand the Youth Safe Haven program with a sports and athletic program will allow us to reach out to the teenagers of Cold Spring Manor in a way that until now just wasn't possible. Teens need a place to hang out and have some fun and we know that the teenagers in Cold Spring Manor are eager to begin using the armory.

We are very grateful to the NH National Guard for their willingness to support the kids of Cold Spring Manor community who attend the Rochester Youth Safe Haven," said Clint Lapierre, RYSH Director.

"This new arrangement is terrific for the program," said Karl Van Asselt, the RHA Executive Director. "The work of the NH National Guard Counter Drug Task Force in helping develop this program has been tremendous. And this new arrangement will not only help meet the current lack of facilities for a growing program, it will help the Safe Haven expand programming to help meet many of the program's objectives."

The Safe Haven is partnered with the Rochester Police Department and the NH National Guard Counter Drug Task Force. The goal of the Safe Haven is to help build and provide a safe community for youth and families, said Ward.

Safe Haven cont. Pg. 15

Guard'n Angels help save lives One step at a time



By Master Sgt. Norma Long

The Guard'n Angels team raised over \$1625 for breast cancer.

We walked on a cool Sunday morning in October in Durham and placed fourth out of 25 teams. We had a great day and enjoyed the many chats along the walk route. Thank you to the team for participating and everyone who supported us in this walk. We hope next year to have a bigger team.

The above photo front left was Elaine Severson, Connie Roy, MSgt Norma Long (MSF), Estelle Cripps. 2nd Row left Laurel Severson, Michelle Willbrandt (MSF), MSgt Charlene Rayes, Kelly & MSgt Dan Pollard (ARW), MSgt Tim Long (MXS) and Austin Long, TSgt Melissa Theriault (CMF), Sarah Fairfield holding daughter Finley and Laura Bodwell (photographer).

Guard Talk *cont. from pg. 16-*

- **Sue Williams (SPT GP)** celebrated her 60th birthday in style with a luncheon at Rosa's Restaurant in Portsmouth with about 30 unit members in attendance. Her husband, **Charles**, also attended the event and brought her a very special corsage for the occasion. Sue, a member of the Red Hat Society, was presented with a red tierra headpiece by **Denis Hebert (SPT GP)**. The tierra was appropriately designed to match her Red Hats by Denis' wife, **Ann Hebert**.

- On a sad note, we were informed that **Stanley Dubois**, 73, of Kittery, Maine, a former member of the 157th passed away a few months ago after a period of failing health. Stanley served with the NHANG for 25 years. He worked as a carpenter for many years and was a talented woodworker, making many fine pieces of furniture. Our condolences are extended to his wife, **Theresa**, and family.

- **Joelle McIntyre (Former FM)** wrote to tell us that her son, **Thomas**, 6, her mother **Claire Thomas**, and Joelle all competed in the Aiming for a Cure Archery 3D Shoot held at the Farmington Fish and Gun Club in New Durham on August 8. This Archery Competition as a fundraiser to help raise money for cancer research. This year's competition was dedicated to her father, **Skip Thomas**, who passed away in July after battling cancer for seven years. Skip was an avid archer and supporter of this cause. Thomas took third place in the Pee Wee Division which is for children under the age of eight. Thomas told his Mom that he hopes to compete in the Olympics one day! Great job, Thomas!

**HAPPY HOLIDAYS TO ALL!
SEE YOU IN JANUARY, 2005!**

Safe Haven continued from. Pg. 14

A key partner in the RYSH is the Milton S. Eisenhower Foundation based in Washington, D.C. The Eisenhower Foundation has provided funding, staff expertise and program support to the RYSH since its inception three years ago.

After the brief ceremony marking the three-year lease last week, officials, including Rochester Director of Planning Kenn Ortmann, Police Capt. Mike Allen and Christopher Lee, representing U.S. Sen. John Sununu, took a tour of the facility.

Simeone, during the tour, commented to the group as it



surveyed the now-empty armory. "The Army is in turmoil," said the general. "This (the armory) was built for the Cold War, but now we have to be able to get up and go. We have to be flexible." Simeone said that currently, 1,000 members of the New

Hampshire National Guard are in Iraq, and he surmised an American presence would be needed there for the next five years or more.

"And if they don't have a job to come home to or a happy

family, we will be in trouble," predicted Simeone, referring to the ability to retain or attract people to the National Guard.

He added that people signing up today should expect that they will be asked to serve for a 12- or 18-month tour of duty.



Guard Talk

by Senior Master Sgt. Valerie Morgan
Wing Human Resources Advisor

Guard Talk welcomes your submissions. If you have something interesting or a special event that you'd like to share, please give me a call at tel: (603) 430-3151, fax: 430-2456 or drop a line to 157 ARW/HRA,

302 Newmarket Street, Pease ANGB, NH 03803-0157E-mail address: valerie.morgan@NHPEAS.ANG.AF.MIL

- Warmest wishes are extended to **Karen Moore**, daughter of **Sue** and **Thomas Moore (MXS)** and **David Johnson** who exchanged wedding vows at a 1:00 p.m. ceremony on August 14 at St Joseph Church in Dover. Karen graduated from Quinnipiac University in Hamden, Connecticut in 2004 with a Bachelor of Science Degree in Nursing and is a registered nurse at St Francis Hospital in Hartford. She also received a Bachelor of Science Degree in Recreational Therapy from Springfield College in Springfield, Massachusetts in 2002. David is employed with the State of Connecticut as a Vocational Rehabilitation Counselor. After a honeymoon trip to St Lucia, the couple are making their home in Rocky Hill, Conn.
- Kudos to **Louise Paradis (HQS)** who recently donated 14 inches of her hair to the "Locks

of Love" Program. This is a non-profit organization that provides hair pieces to financially disadvantaged children under the age of 19 suffering from long-term medical hair loss. They accept donations of hair that is 10 inches or longer in order to create wigs for these children, mostly young girls. Louise told us that it took a little adjusting to the fact that she doesn't have long hair to French Braid anymore, but she's actually enjoying having shorter hair these days. She feels fortunate that she was able to make this donation and is excited to help some young girl have the long hair that she's enjoyed for many years.

To find out more about this organization, visit their Web Site at www.locksoflove.org.

- Congratulations to **Kim** and **Matt Houghton** from Manchester on the birth of their baby daughter, **Avery Lauren**, who arrived

on September 16. She weighed in at 7 lbs 2 oz and measured 19 ½ inches long. Matt is a financial planner at Fidelity Investments while Kim is a correspondent at the Manchester Union Leader/New Hampshire Sunday News. Proud grandparents are **Cheryl** and **Bill Houghton (HQS)**.

- Congratulations to **Tracey Dimon** and **John McDonough** of Dover on the birth of their second child, a son, **Brady Thomas**, who made his way into the world on November 2 (Election Day) at 3:33 a.m. He weighed in at a bouncing 9 lbs 7 oz and measured 22 inches long. He has an older brother, **Aiden**, 3 ½, who is very pleased with the new addition to the family. Aiden tells us that Baby Brady will sleep in the lower part of his bunk beds "when he gets a little older." Tracey is employed as the registrar in the Emergency Dept. of Wentworth-Douglass Hospital in Dover. John works full-time for Metro Lift Propane in Epping. Tracey is the daughter of **Valerie "Gigi" Morgan (WS)** and the step-daughter of **Stephen "Bumpa" Morgan (OPS)**.

Guard Talk *continued pg.15*

Drill Dates

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